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**KIRIRI WOMEN'S UNIVERSITY OF SCIENCE AND TECHNOLOGY**  
**UNIVERSITY EXAMINATION, 2023/2024 ACADEMIC YEAR**  
**FIRST YEAR, FIRST SEMESTER EXAMINATION**  
**FOR THE DIPLOMA IN HOSPITALITY MANAGEMENT**  
**DHM 1622:DIET THERAPY**

Date: 11<sup>th</sup> December 2023  
Time: 8.30am - 10.30am

**INSTRUCTIONS TO CANDIDATES:**

**ANSWER QUESTION ONE (COMPULSORY) AND ANY OTHER TWO QUESTIONS**

**QUESTION ONE (30 MARKS)**

- All nutrients play different roles in our bodies, explain how carbohydrates spare proteins from giving the body energy (4 marks)
- Proteins are body building foods. They are made up of smaller units known as amino acids. State (FIVE) sources of protein (5 marks)
- About 70-75% of our body is composed of water. Along with oxygen water is one of the two most important elements on earth that sustain health. Explain (SIX) functions of water (6 marks)
- Dietary modifications involves the modification of an existing dietary lifestyle to promote optimum health. explain (SIX) purposes of modification of diet during illness (6 marks)
- Carbohydrates are the sugars, starches and fibers found in fruits, grains, vegetables and milk products. Outline (FIVE) functions of carbohydrate (5 marks)
- Fats have very many functions in our bodies such that if not taken deficiencies can occur, explain what happens when you take them in excess. (4 marks)

**QUESTION TWO (20 MARKS)**

- There are THREE types of proteins that our bodies take in, explain to a layman their differences. (6 marks)
- Hypervitaminosis, is excessive accumulation of vitamins in the body and leads to toxic symptoms. One of its causes is excessive intake of vitamin A in synthetic form daily for several months. Outline the symptoms of excess intake of Vitamin A (8 marks)
- One could be eating a balanced diet but still has protein deficiency condition, state factors that could be affecting protein utilization (6 marks)

**QUESTION THREE (20 MARKS)**

- Differentiate between over nutrition and under nutrition giving an example of each (6 marks)
- Your diet can help you to reach and maintain a healthy weight and reduce your risk of chronic diseases, name (EIGHT) tips to enable you to eat well (8 marks)
- Vitamins and minerals are referred to as micro-nutrients because they are required in very small amounts in relation to the other nutrients yet essential for good health. Classify vitamins and give (TWO) examples of each (6 marks)

**QUESTION FOUR (20 MARKS)**

- Dietary modifications are changes made during food preparation, processing, and consumption to increase the bioavailability of micronutrients, reduce micronutrient deficiencies in food at the commercial or individual/household level. Explain (SIX) Factors to consider when modifying a diet (6 marks)
- Differentiate between fats and oils and give two sources of each (6 marks)
- Diet therapy refers to the practical application of nutrition as a preventative or corrective treatment of disease. Outline (FOUR) purposes of diet therapy (8 marks)

**QUESTION FIVE (20 MARKS)**

- a) Healthy eating is about getting the correct amount of nutrients, protein, fat, carbohydrates, vitamins and minerals you need to maintain good health, Enumerate (THREE) principles to follow when planning meals (6 marks)
- b) Cholesterol is found only in animal fats and in the blood and is part of many essential compounds in the body. Outline (FOUR) of its properties (8 marks)
- c) In children, deficiency of proteins leads to what is referred to as kwashiorkor. State (SIX) symptoms of kwashiorkor (6 marks)